

**U. S. Representative
Bob Barr (GA - 7)**

**In Cooperation With
Georgia's Seventh District
Committee of
Concerned Parents**



Present

**THE
PARENTS'
RESOURCE
GUIDE TO
SUBSTANCE
ABUSE**

This booklet is provided for parents to help them understand the problems and terminology of illicit drug usage, especially by children and teens. It is provided for informational purposes only. While a conscientious effort has been made to collect accurate information for this booklet, nothing contained herein should be construed as providing medical or legal advice to address specific issues or problems. Therefore this booklet should not be relied upon to furnish answers to particular medical or legal problems or issues. Rather, appropriate medical or legal expertise should be consulted in all such situations.

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FACTS ABOUT DRUG USE AMONG AMERICAN YOUTH

(The following statistics are from a national survey last year by the Center on Addiction and Substance Abuse at Columbia University)

- In a national survey of teenagers, they reported that drugs are the number one problem facing them on a daily basis.
- The percentage of teenagers who say it is likely they will try an illegal drug in the future is **22 %**, more than twice the 11% in the same survey just a year ago.
- Over 50% of 12 year-olds nationwide are at serious risk of using illegal drugs. By age 17, the figure rises to 89%.

BY THE TIME TEENAGERS REACH 17:

- 68% can buy marijuana within a day.
- 62% have friends who use marijuana.
- 58% have been solicited to buy marijuana; 60% of boys, 57% of girls.
- 58% know someone who uses acid, cocaine or heroin.
- 43% have a friend with a serious drug problem.
- 42% find marijuana easier to buy than either beer or cigarettes.
- 79% have friends who smoke.
- 79% have friends who are regular drinkers.
- 40% have witnessed the sale of drugs in their neighborhoods.
- Less than 1 in 3 attend a drug-free school.
- Only 1 in 3 are willing to report a drug user or seller in their school.
- 87% of teens are able to name a household product they can use to get high.

If you think your child will never use drugs, think again !

Why Do Kids Use Drugs ?

Top Reasons Some Kids Use Drugs (1996 CASA Survey):

1. **It's Cool -- 29 %**
2. **Do What Friends Do -- 23 %**
3. **Makes Them Feel Good -- 20 %**
4. **Stress / Boredom -- 12 %**
5. **Personal Problems -- 6 %**
6. **Rebellion -- 5 %**
7. **Family Drug History -- 4 %**

Why Don't Kids Use Drugs ?

Top Reasons Some Kids Don't Use Drugs (1996 CASA Survey):

1. **Might Get Caught -- 27 %**
2. **They Cause Permanent Damage -- 27 %**
3. **It's Immoral -- 22 %**
4. **School Performance -- 11 %**
5. **Friends Don't Use -- 7 %**

6. Don't Want To Disappoint Parents -- 5%

According to National Survey Data, Teens are Much More Likely to Use Drugs If:

- There is no specified curfew for the teen. This is the highest risk factor over which a parent has control.
- The parent disapproves of the teen's friends. If the parent thinks the teen is hanging out with substance abusers, they are very frequently correct.
- The parent expects their teen to try drugs. Most parents know intuitively when their kids are at risk.
- The teen's family rarely has dinner together. For each additional dinner the family has together per week, the teen's risk score declines.
- The parent does not attend religious services, and does not take the teen with them if they do. Teens who say that drug abuse is morally wrong are at a much lower risk.
- The parent smoked marijuana and the teen knows. Data shows that parents raise the risk their teen will try drugs by admitting they did it themselves.
- The parent really thinks marijuana is not dangerous. If parents don't believe marijuana is a big deal, they will have difficulty persuading their kids that it is.
- The parent feels powerless and does not assume responsibility. Parents who feel they have little influence over whether or not their teen uses drugs are usually right.

(Above findings are from 1996 CASA National Survey of Parents and Teenagers)

Drugs Frequently Abused By Teenagers

Inhalants: This group includes common household cleaners, glue, gasoline, paint thinner, lighter fluid, dry-cleaning solvent, fingernail, shoe and furniture polish, felt-tip pens and many more common substances. Users breathe or "sniff" these substances in various ways. Sniffing any highly concentrated amounts of any solvent or inhalant can produce heart failure and instant death.

Marijuana: Also called grass, pot, weed or other names, marijuana is the most abused drug and frequently leads to the use of other substances. It is sometimes sniffed, or mixed with food, but is typically smoked by its users. Marijuana causes users to lose coordination, sense of time, and short term memory. Over time, it can cause lung cancer, permanent memory impairment and other problems.

Cocaine: Cocaine is typically sold in powder form and can be sniffed or injected into the bloodstream. It is best known for its effect as a stimulant on the central nervous system. Anyone who tries cocaine risks becoming addicted. Healthy young adults frequently suffer strokes or heart attacks due to the acute effects of cocaine.

Crack Cocaine: This more potent form of cocaine -- producing a very rapid and intense "high" -- is sold in solid form and is smoked. Very small amounts are needed to produce the "high." Crack addiction frequently happens after only a single dose. Although crack has traditionally been regarded as an inner-city drug, experts are seeing more and more middle class users across the country. Today, at least 50% of drug addicts are addicted to crack.

Amphetamines/Methamphetamine: Often called speed, white cross, uppers or crank, these drugs increase alertness, heart rate, breathing, and blood pressure. Some addicts use stimulants to counter the "down" feeling they get from alcohol or sleeping pills, risking severe damage to their bodies. Users typically take this drug in pill

form, or by sniffing or injecting it.

Narcotics: This class of drug includes heroin, morphine and opium. These drugs are highly addictive and greatly relax their users. Many users of narcotics inject them using dirty needles and catch life-threatening diseases like tetanus, hepatitis and AIDS.

Hallucinogens: This class includes LSD or acid, Mescaline, PCP and certain species of mushrooms. These drugs radically alter the user's perception of reality and frequently result in long term brain damage and psychological problems.

SIGNS YOUR CHILD MAY BE USING DRUGS

- Chronic eye redness, sore throat or dry cough.
- Chronic lying, especially about their whereabouts.
- Changes in friends.
- Stealing.
- Deteriorating relationships with family members.
- Wild mood swings, hostility or abusive behavior.
- Chronic fatigue, withdrawal, carelessness about grooming.
- Major changes in eating or sleeping patterns.
- Loss of interest in favorite activities, hobbies or sports.
- School problems, slipping grades, absenteeism.

Even if your child does not exhibit any of these signs, it DOES NOT mean he or she isn't using drugs. As a parent, you know your child better than anyone else. If you notice even subtle changes, don't ignore them!

If you suspect your child is using drugs, there are several things you can do. For instance:

- Do not blame yourself.
- Do not confront a child who is under the influence of a drug. Wait until he or she is sober and then discuss your suspicions calmly and objectively.
- Set rules and standards: impose discipline, establish a zero tolerance home drug policy.
- Seek evaluations from health and medical professionals; contact support groups (See accompanying list).

(The information above is reprinted from Hometown Enemies: Drugs and Gangs, Sponsored by the Police Department of Bremen, GA)

Drug Abuse Prevention and Treatment Resources in Georgia's Seventh District

NATIONAL HOTLINES

| | |
|--|----------------|
| Drug Abuse and Crisis Intervention..... | 1-800-234-0246 |
| Drug Abuse Focus on Recovery and Treatment Helpline..... | 1-800-374-2800 |
| Drug Abuse 24 Hour Assistance and Treatment..... | 1-800-234-1253 |
| National Institute on Drug Abuse..... | 1-800- H E L P |

PUBLICATIONS

For a copy of "Growing Up Drug Free," send your name and address to: Growing Up Drug Free, Consumer Information Center, Dept. 60, Pueblo, CO 81009.

LOCAL CONTACTS

Contact your local law enforcement agency to report suspicious activity. Most local schools

have information on drug abuse prevention and treatment programs. Contact your child's principal or guidance counselor for information. Many local public housing authorities, Boys and Girls Clubs, and civic groups also have information and programs to fight drug abuse. Finally, many local hospitals and clinics also offer extensive treatment programs.

Other Sources of Help for Prevention and Treatment

| | |
|---|--------------|
| Georgia National Guard Demand Reduction Program--- | 770-919-3477 |
| Cobb Mental Health Substance Abuse Center | |
| Adolescent Program----- | 770-971-7801 |
| Cobb/Douglas Mental Health Department----- | 770-819-9229 |
| Metro Atlanta Council on Alcohol and Drugs----- | 404-351-1800 |
| Northwest Georgia Regional Education Service Agency- | 706-295-6189 |
| (Provides information on drug-free programs for schools and crisis prevention) | |
| Douglas Community/Substance Abuse Services----- | 770-949-8082 |
| Coosa Valley Community of Mental Health, Mental | |
| Retardation and Substance Abuse----- | 770-387-3736 |
| (or for a crisis, call collect to):----- | 706-291-Help |
| Attorney General's Office ----- | 404-656-3347 |
| U.S. Attorney for the Northern District of Georgia----- | 404-331-6954 |
| U.S. Drug Enforcement Administration (DEA)----- | 404-331-4401 |

All of the above are **GOVERNMENT** sponsored sources of help for the prevention and treatment of drug abuse. Should you prefer, you may contact a **PRIVATE** source for help. Their telephone numbers may be found in your local telephone directory.

TERMS PARENTS NEED TO KNOW

ACID: See, Hallucinogens, LSD.

ADDICT:

An addict is someone who can't stop doing something, usually drugs. The body's chemistry becomes used to having the drug (chemical) in the body and "needs" it in order to feel normal.

ANGEL DUST: See, Hallucinogens.

AMPHETAMINES:

Amphetamines are stimulants, or "uppers" , which can be taken orally, injected, snorted or smoked. The effects of use include stimulation of the central nervous system; a sense of well-being and high energy; release of social inhibitions, feelings of cleverness, competence and power. Effects are very similar to those using cocaine but

last much longer, from 4-6 hours, depending on potency. A cocaine high will last about 20 minutes. Amphetamines can be found in several forms: capsules and pills, white powder, and rock resembling wax. There are some legal uses of amphetamines, mostly in over-the-counter and prescription drugs such as Obetrol, Biphedamine, Desoxyn, Didrex and Dexedrine, which is used in several brands of diet pills.

Methamphetamine is a derivative of amphetamines, but is often made in illegal labs. It can be extremely addictive, and can cause extremely erratic or violent behavior. "Ice" is a specific type of methamphetamine which derived its name from its appearance. Trips can last from 2-24 hours.

Typical physical indicators of use include loss of appetite, irritability, rapid speech, tremors or mood elevation. After effects wear off, user will usually "crash" and go into depression that can last as long as 3 days.

Other names for amphetamine/methamphetamine include : meth, speed, crank, crystal, uppers, whites, dexies, black beauties, bennies, cross tops, ice, diet pills and white crosses.

AMYL NITRATE See, **Inhalants.**

BARBITURATES

Barbiturates are depressants, and when abused can produce effects very similar to intoxication from alcohol. When prescribed, barbiturates are used to relieve anxiety, irritability, tension or insomnia.

Barbiturates are most often used by physicians and veterinarians to induce sedation and sleep. As with alcohol, initial ingestion can cause excitement before sedation occurs. Overdose can cause death from respiratory or cardiovascular shutdown.

Other names for barbiturates include: barbs, brain ticklers, downers, downs, goofballs, phennies and reds.

A few of the more recognized brand names for prescription barbiturates are Phenobarbital, Amytal, Nembutal, Seconal, Fiorinal and Butabarbital.

Physical signs of use are long periods of sleep, dizziness, cold/clammy skin, depression, decreased alertness and muscle control, intoxication and slurred speech, drowsiness. Can be VERY dangerous when mixed with alcohol.

BIG H (HEROIN) See, **Opiates**

BLACK BEAUTIES See, **Amphetamines**

BLOTTERS See, **Hallucinogens**

BLUNTS

A blunt is a hollowed out cigar that has been refilled with marijuana. The smell of the tobacco smoke helps mask the odor of the burning marijuana. The large amount of pot that replaces the tobacco also helps to give a long-lasting and potent vehicle for smoking pot.

BONG

A bong is a home made or purchased pipe that usually has a long neck and wide mouthpiece. The idea for using a bong is less air, and more marijuana going straight to the lungs for a faster "hit" or "high."

BENZODIAZEPINES

Benzodiazepines are also depressants which slow down the central nervous system, and produce several of the same symptoms. However, they are marketed as tranquilizers, and produce additional, different symptoms.

Librium and Valium are the most widely known brand names used in this coun-

try. They are usually weaker than most of the barbiturates, and are used to relieve tension, not to sedate into sleep. Other brands include Xanax, Dalmane, Paxipam, Ativan, Centrax, Restoril and Halcion. Continuous use over a long period can result in physical and psychological dependence. Often used with another drug or alcohol to achieve a "high." Physical addiction can occur after only about two months of high-dose usage. Sudden withdrawal can result in seizure, coma and death.

COCAINE

Cocaine is a potent brain stimulant, and one of the most addictive drugs. It is usually found in one of two forms: a white crystalline powder that can be snorted or dissolved in water and injected; or "crack" which looks like chips, chunks, or small rocks. It resembles salt, and can range from white to tan pellets, somewhat like soap. It usually is smoked.

Cocaine turns on the "pressure center" of the brain and produces a surge of energy, intense pleasure and increased confidence. The high usually lasts about 20 minutes. The "crack" effects are usually about 12 minutes. Once the drug leaves the brain, the user will experience a "coke crash" including irritability, depression and fatigue. Depression can last for days or weeks.

Negative physical effects can include pupil dilation, elevated blood pressure and heart rate, increased temperature and breathing rate, stuffy, runny nose, insomnia, loss of appetite, paranoia, high anxiety or death by cardiac arrest.

People using cocaine will develop a tolerance for the drug, thereby requiring more and more to achieve the same effects.

As of 1995, approximately 54% of all current cocaine users were between the ages of 18 and 34.

Other names for cocaine include: coke, crack, snow, blow, free base, C, flake, gold dust, big C, charlie, dust, lady snow, nose candy, rock, space base, white cloud.

CODEINE See, Opiates.

CRACK See, Cocaine.

CRANK See, Amphetamines.

CRYSTAL METH See, Amphetamines.

DATE RAPE DRUGS See, Rohypnol.

DESIGNER DRUGS

Designer Drugs are a class of analog drugs often associated with "raves," all-night underground dance parties frequented by teens and college students. Designer drugs are modifications of restricted drugs, made by underground chemists in order to create street drugs that are not specifically listed as controlled substances by the Drug Enforcement Agency. Minor adjustments to the molecular structure of a drug will create a new substance ("analog"). These substances are frequently created by untrained amateurs in clandestine labs, and can be extremely dangerous. In most cases, the modified drugs are more potent than the original drug.

The two most often used chemical bases for designer drugs are methamphetamine and fentanyl. Those which are fentanyl based are called "designer heroin" or synthetic "China White" and are often injected. However, sniffing or smoking is becoming more popular. Street fentanyl can be up to 3,000 times stronger than regular heroin. A dose the size of a grain of salt can kill 30 people. These drugs have a huge potential for overdose, and have been associated with hundreds of unintentional deaths across the USA.

One of the most common designer drugs with a methamphetamine base is called Ecstasy, or MDMA. Ecstasy acts not only as a stimulant, but also simultaneously produces hallucinations. Users report a sense of well being with sensory distortions.

The price of Ecstasy depends on the supply and demand, but usually ranges from \$10 - \$40 per dose.

Users who take Ecstasy at "raves" risk exhaustion and dehydration from the combination of the drug and non-stop dancing. Users have died from heat stroke.

Other names for Designer Drugs include XTC, Adam, MDMA. Because these drugs are made in illegal labs, there are no guidelines to monitor purity, cleanliness, or manufacture of the substance. Users take extreme chances when using these drugs.

Designer drugs usually come in tablet, capsule or powder form. Negative physical effects include psychiatric disturbances, paranoia, panic, anxiety, depression, muscle tension, nausea, blurred vision, fainting, chills, increased heart rate and blood pressure, hallucinations, sleep disorders.

DOPE Slang term for illegal drugs.

ECSTASY See, **Designer Drugs**.

FIX A fix is a slang term for needing a dose of drugs.

FLASHBACK

The re-living of a drug experience long after the immediate effects of a drug, usually an hallucinogen, have worn off. See, **Hallucinogens**.

FREEBASING

Freebasing is the process of chemically altering cocaine powder so that it can be smoked.

GAMMA-HYDROXYBUTRATE (GHB) See, **Rohypnol**.

GATEWAY DRUGS

Gateway drugs are the first drugs people are exposed to and experiment with, such as alcohol, GHB and marijuana.

GRASS See, **Marijuana**

HALLUCINATIONS

Hallucinations are unreal perceptions of objects and surroundings.

HALLUCINOGENS

Hallucinogenic drugs, both natural and synthetic, are substances that distort sensory perceptions. They induce a state of excitation, mood swings, with direction, distance, and time being distorted. A user may "see" a sound, or "hear" a color. The most common danger is impaired judgement, leading to rash decisions and accidents. Acute anxiety, restlessness and sleeplessness are common until the drug wears off.

Long after the hallucinogens are eliminated from the body, users may experience flashbacks ... recurrences of psychedelic effects. Effects can vary with the amount, mood of the user, or circumstances in which it is used, in other words, trips are unpredictable.

Natural hallucinogens include mescaline and peyote, usually grown in southwest America and Mexico. There are also certain types of naturally occurring mushrooms containing hallucinogenic chemicals, psilocybin and psilocin. "Shrooms," as they are frequently called by young people, can be eaten or brewed into a tea.

Once ingested, the mushrooms can cause nausea before the desired mental effects appear. The high from using the mushrooms consists of distorted perceptions, similar to LSD, but milder. Some users can order kits with the spores, and grow their own mushrooms in a closet or basement. Others look for naturally growing mushrooms, running the risk of mistaking a poisonous mushroom, which could cause death, or permanent liver damage within hours of ingestion. Some dealers sell regular grocery mushrooms laced with LSD or PCP as "magic mushrooms."

Synthetic hallucinogens are very common, and easy to purchase. LSD is the most common of this type of hallucinogen. It is one of the most potent mood changing chemicals. It is classified by the Drug Enforcement Agency as a Schedule 1 drug, which means there is no medical use for the drug, and the potential for abuse is very high.

LSD is often called "acid," and is sold in several forms; tablets, and capsules, and even in odorless liquid form. It is usually taken by mouth, and has a slightly bitter taste. Usually LSD is sold as "blotter acid," where the drug is imprinted on small, colorful sheets of paper, usually grid paper, or in washable tattoos. "Window panes" are thin squares of clear gelatin with a dose of LSD. A single dose costs \$4-\$5 and the effects can last from 3-12 hours. Users refer to their experience with LSD as a "trip," and adverse reactions are a "bad trip."

Additional names for LSD include acid, microdot, windowpane, sugar cubes, cap, brown dots, # dots, "L," mellow yellows, paper acid and purple haze.

Other synthetic hallucinogens are PCP, which can cause severe psychotic reactions, often bizarre and violent. PCP is often referred to as "angel dust," "rocket fuel," "dust," and "elephant."

"Special K" is made from a drug that is widely used as an animal tranquilizer by vets in pet surgery. Special K is a very powerful hallucinogen similar to PCP and LSD. A dose of Special K costs about \$20-\$40. The drug is usually snorted, but is sometimes sprinkled on tobacco or marijuana, and smoked. It is frequently used in combination with other drugs, such as Ecstasy, heroin, or cocaine. A combination of Special K and cocaine is called "CK." The effects of a dose of Special K lasts from 30 minutes - 2 hours.

Special K is very popular in the rave scene. It is found in the form of a white powder, similar to cocaine. Physical symptoms include delirium, amnesia, impaired motor function, hallucinations. There is a strong potential for fatal respiratory problems. Other names include: vitamin K, new Ecstasy, psychedelic heroin, super-K.

HASHISH See, Marijuana.

HEAD SHOP

A head shop is a retail outlet set up ostensibly to sell tobacco products. However, not many people purchase bong, pipes, papers, or water pipes to use tobacco.

HEMP

Hemp is a tall plant that can be used to make rope, paper and string. It is also the plant that provides the active ingredient in marijuana and hashish. See, Marijuana.

HERBALS

Herbal Ecstasy is a term used to describe a combination of herbs, which are legal, inexpensive, and marketed as a "natural high." Herbal Ecstasy can be purchased over the counter in music stores, herb shops, and health food stores around the country, at a cost of about \$3.00/pill. The recommended dosage for the "natural high" is four pills.

Brand names for these herbals include "Herbal Ecstasy," "Cloud 9," "Ultimate Xphoria," and promise "increased energy," "inner visions," "sexual sensations," and "cosmic consciousness."

Users report feeling relaxed, tingly and energetic. These sensations are caused primarily by caffeine and ephedra (also known as ma huang). It is easy to find small displays in convenience stores and gas stations, with pills offering to help users stay awake, be alert, or help asthma sufferers.

Hundreds of reports of adverse reactions, liver failures, strokes, and even death have been received by the FDA.

HEROIN See, Opiates.

HIGH

High is a slang term for the state of intoxication or euphoria; it is usually used in reference to being under the influence of drugs.

HORSE Horse is the slang term for heroin; See, **Opiates**.

HUFFING See, **Inhalants**.

ICE

Ice is the slang term for smokable methamphetamine. It looks like clear rock, but is highly addictive and toxic.

INHALANTS

Inhalants are often ordinary household products which are inhaled or sniffed by children to get high. There are more than 1,000 household products on the market today which can be misused as inhalants. Inhalants are one of the most frequently used drugs among children: over one in five 8th graders has used inhalants.

Examples of products kids use to get high include, but are not limited to, model airplane glue, nail polish remover, cleaning fluids, hair spray, gasoline, the propellant in canned aerosol whipped cream, spray paint, fabric protector, cooking spray, correction fluid, permanent markers, aerosol potpourri. These products are sniffed, snorted, bagged (fumes inhaled from a plastic bag), or "huffed" (inhalant-soaked rag, sock, or roll of toilet paper put to the face and inhaled deeply from the mouth) to achieve a high. Inhalants are also sniffed directly from the container.

Inhalants slow down the body's functions. The user may feel stimulated, disoriented, out-of-control, giddy, light-headed, and even display violent behavior. Inhalant abuse can cause severe damage to the brain and nervous system, leading to impaired mental and physical functioning. Because inhalants starve the body of oxygen, they can lead to unconsciousness and death, called SSD (Sudden Sniffing Death), even if only used once.

A heavy inhalant user may find a tolerance to the fumes, meaning it will take more and more to get high, further increasing chances of brain damage.

Physical symptoms include: headache, muscle weakness, abdominal pain, severe mood swings and violent behavior, numbness and tingling of the hands and feet, decrease or loss of sense of smell, nausea, nosebleeds, brain, liver, kidney damage, lack of coordination, loss of appetite, decrease in heart and respiratory rates, seizure, coma, death. Signs a parent can watch for include:

- * red, glassy, or watery eyes
- * slow, slurred speech
- * disorientation
- * general drunken appearance
- * complaints of headaches and nausea
- * chemical odor on body or clothing
- * chemical odor in room
- * staggering gait, incoordination
- * inflamed nose, nosebleeds, rashes around nose and mouth

Other names for inhalant abuse include: "Popin" (using pot pourri), nitrous oxide, Rush, laughing gas, poppers, whippets, Locker Room, solvents, aerosol.

JUNK Junk is a slang term for heroin. See, **Opiates**.

JUNKIE Junkie is a slang term for a person addicted to drugs, usually heroin.

KILLER WEED

Killer weed is a slang term for marijuana or tobacco that has been treated with PCP for smoking. **See, Hallucinogens and Marijuana.**

LAUGHING GAS

Laughing gas is a slang term for nitrous oxide. Used improperly, nitrous oxide can "freeze-dry" tissue such as lungs and lips. **See, Inhalants.**

LOCKER ROOM

Locker Room is a slang term for an inhalant which includes the drugs Butyl nitrites.

LSD

LSD is a drug manufactured from lysergic acid. It is one of the most potent hallucinogenic drugs. **See, Hallucinogens.**

MAGIC MUSHROOMS

Magic Mushrooms is a slang term for Psilocybin, a hallucinogen that is found naturally in certain types of mushrooms.

MARIJUANA

Marijuana is a green, brown, or gray mixture of dried, shredded flowers and leaves of the hemp plant (*Cannabis sativa*). It is the most often used illegal drug in this country. It resembles dried parsley, with stem and/or seeds, which is usually rolled into cigarettes, called "joints." The drug can also be smoked in a water pipe called a "bong." Some users mix marijuana into foods or use it to brew tea. Lately, marijuana users have a new method for smoking their pot. They slice open cigars and replace the tobacco with marijuana, making what is called a "blunt." When the blunt is smoked with a 40 oz. bottle of malt liquor, it is called a "B-40."

All forms of cannabis are mind-altering (psycho-active) drugs. They all contain tetrahydrocannabinol (THC), the main ingredient chemical in marijuana. THC is the chemical that affects the brain the most. Long term users of pot may develop psychological dependence and physical tolerance to the drug, thus requiring more and more of it to get high.

The marijuana available today is much stronger than the marijuana used in 1960s. The THC levels of pot during the '60s was only about 3-5%. Levels of THC in marijuana recently have been measured to be 10-20 times higher.

Kids generally begin experimenting with marijuana around the age of 12. That fact, coupled with the results of a recent survey indicating that children's perceptions of the dangers of using illicit drugs is on the decline, gives increased reason for parents to be concerned. Marijuana (along with alcohol) is considered to be the primary gateway drug, leading the way to using other, more dangerous drugs. This is based on the fact that few people ever sidestep using pot and go straight to LSD, cocaine, or other hard drugs.

The effects of marijuana on each person depends on the type of marijuana, the level of THC, the setting in which the drug is being used, and the way the drug is ingested. It is common for marijuana users to become engrossed with ordinary sights, sounds, or tastes, with trivial events being very interesting or funny. Time seems to pass very slowly, so minutes may feel like hours. Sometimes users feel very thirsty or hungry (having the "munchies").

Within a few minutes of inhaling marijuana smoke, the user will likely feel, along with intoxication, a dry mouth, rapid heartbeat, some loss of coordination, and decreased reaction time. Blood vessels in the eye expand, so the user's eyes look red. As the immediate effects fade, usually after 2-3 hours, a feeling of sleepiness may be felt.

There are several harmful effects of using marijuana. First, short term memory is hindered, and difficulty handling complex tasks can occur. With use of more potent

varieties, even simple tasks can seem difficult. Students find it difficult to learn under the influence of marijuana; athletes find their performance is off because timing and coordination are affected.

Heavy, chronic use of marijuana is correlated to higher levels of memory loss, truancy, fighting, delinquency, arrest, apathy, and health problems.

There are a number of different types of paraphernalia associated with marijuana use. Home made pipes, and water pipes called "bongs" are common, as well as single sheet cigarette papers used to roll the joints. Residual crumbs of tobacco from making "blunts" are also common.

There are many other names for marijuana, which include: weed, pot, reefer, grass, dope, joint, ganga, mary jane, sinsemilla, hash, herb, chronic, Acapulco gold, blunt, Columbia, doobie, flowers, gigggleweed, hemp, joystick, killer weed, Mexican brown, roach, rope, and smoke.

A purer, more potent form of marijuana, hashish, is the stick resin from the female marijuana plant. It resembles small black or brown cakes or balls. It is also smoked, usually in pipes.

MARY JANE Slang term for Marijuana.

METH/METHAMPHETAMINE

Derivatives of Amphetamines, used as stimulants. See, Amphetamines.

MORPHINE See, Opiates.

MUSHROOMS/SHROOMS See, Hallucinogens.

NICKEL BAG

A nickel bag is a small amount of marijuana sold in a plastic bag, usually enough for one or two joints.

NITROUS OXIDE

Nitrous oxide is a pain-killing gas, often abused as an inhalant, also called "whippets." See, Inhalants.

OPIATES

Opiates are a wide ranging class of narcotic drugs derived from opium, which is obtained from the opium poppy. Narcotics are essential in the practice of medicine; they are the most effective agents known to relieve pain, and are used as cough suppressants, and even act as anti-diarrhea medications. However, when used outside of medical applications, opiates have a very bad, and accurate, reputation for abuse.

Narcotics tend to induce pinpoint pupils and reduced vision, together with drowsiness, apathy, and decreased physical activity. Initial response can be pleasurable, however, they are extremely addictive, and physical tolerance can be built, so that more and more of the drug is required to duplicate the pleasurable feelings. Physical dependence is quick, so that the body actually requires the drug in order to function routinely. Morphine is a derivative of the opiate drug, and is commonly used in pain relievers, or converted to codeine, which is weaker in analgesic properties. Codeine is commonly used in anti-cough medications, and some mild pain relief applications.

Medications often containing codiene include prescription Tylenol (Tylenol #3), Robitussin AC, Cheracol, Novahistine DH, Percodan, Vicodin, Paregoric, just to name a few.

Another derivative of the poppy plant is heroin. It affects the brain's pleasure center and interferes with the brain's ability to perceive pain. It is a fast-acting drug, especially when it is injected or smoked. The high from the heroin is experienced as intense pleasure. The user crashes quickly, with accompanying drowsiness, nausea, and vomiting. The user wants to feel the euphoria of the high again, and the addiction begins. Heroin today is much purer than that which was produced a few years

ago. It is now commonly snorted, and is very inexpensive to buy on the street.

Other names for opiates are: smack, horse, gumball, mud, brown sugar, junk, black tar, H, and shit.

OPIUM

Opium is a strongly addictive narcotic, prepared from poppy seeds. It is bitter, and yellowish-brown.

OVERDOSE/OD

An overdose is an excessive amount of any drug.

PEP PILLS

Slang for stimulant drugs.

POPPERS

Slang term for inhalants which are encased in cloth-wrapped capsules.

POT

Slang term for Marijuana.

PSYCHEDELIC

Refers to the hallucinogenic properties of certain drugs.

RAVES

Raves are all-night dance parties that usually feature a strong, heavy metal type of music. The location of the rave usually moves from one place to another, frequently in warehouses. Raves usually begin around midnight, and last until 8-11 a.m. the next day. Drugs are plentiful at raves, with Ecstasy being the drug of choice.

REDS

Slang term for the depressant barbiturate, Seconal.

REEFER

Slang term for Marijuana.

RITALIN

Ritalin is a prescription medication frequently prescribed for children with so-called Attention Deficit Disorder. When used properly, and under a medical doctor's care, it can be beneficial to a patient. However, Ritalin is also used in an illicit manner. The pills are ground into a fine powder, then snorted. The effect is similar to that of cocaine, or methamphetamine.

ROHYPNOL

Rohypnol, or Roofies, is a sedative that is 10 times stronger than Valium. It is not legally available in the U.S., but is legal in other countries. It creates a sleepy, relaxed, drunk feeling that lasts 2 to 8 hours. A single dose costs from \$1.50 - \$5.00.

Roofies are frequently used in combination with alcohol and other drugs. Used with alcohol, roofies produce disinhibition and amnesia. Roofies have recently gained a reputation as the "date rape" drug. Girls and women around the country have reported being raped after being involuntarily sedated with Rohypnol, which was slipped into their drink by their attacker. The drug has no taste or odor, so the victim doesn't realize what is happening. About 10 minutes after ingesting the drug, the woman may feel dizzy, and disoriented. She may experience difficulty in speaking and moving, and then pass out. Such a victim will have no memory of what happened while under the drug's influence; death or coma can also result. **See, also, GHB.**

ROOFIES

See, Rohypnol.

RUSH

Rush is the name of an inhalant that contains Butyl or Isopropyl nitrate. It also refers to the powerfully intense initial reaction from a drug.

'SHROOMS

See, Hallucinogens.

SMACK

See, Heroin.

SNORTING

Snorting is when a person sniffs a substance through their nose without burning or

smoking it. It is usually done to take drugs like cocaine, frequently snorting through a straw or rolled paper, with the powdered cocaine formed into a "line" on a table or mirrored dish.

SPEED Slang term for stimulant drugs.

STIMULANT

A stimulant is a drug that temporarily arouses or increases the brain/body's activity.

THAI STICK Slang term for Marijuana.

TOLERANCE

The capacity to take a drug in larger doses than normal without having bad effects, because the body needs more of the drug to obtain the desired effect.

TRIP Slang term for mind-altering experiences that result from drug abuse.

UPPERS Slang term for stimulants. See, Amphetamines.

VALIUM Brand name for a depressant tranquilizer.

WEED See, Marijuana.

WHIPPET Slang term for nitrous oxide, an Inhalant.

WITHDRAWAL

Withdrawal is when the body is getting used to being without something it had been dependent on, usually drugs.

U.S. HOUSE OF REPRESENTATIVES

WASHINGTON, DC 20515-1007

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A large, stylized handwritten signature in black ink, likely belonging to a member of Congress, is written over the printed text.

M.C.

